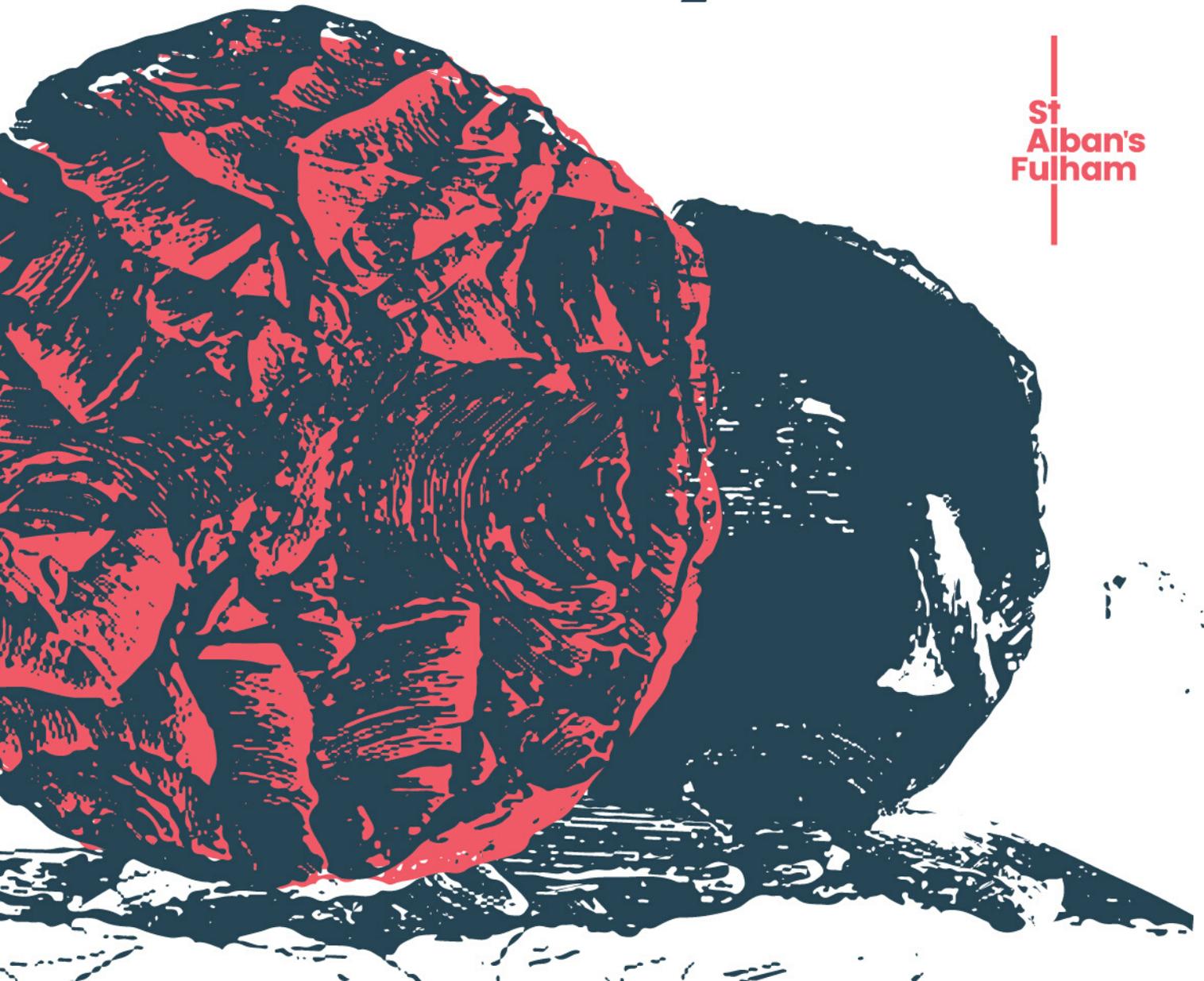


Celebrate
Easter
with St Alban's Fulham

Holy Week Reflection and Activity Guide

St
Alban's
Fulham



Why is this called Holy Week?

For centuries, Christians (apprentices of Jesus) have given special attention to one particular week in the year called Holy Week. But what makes it holy? What does it mean for a week to be holy? Let's think of "holy" as more than just being "good" or "morally perfect", like someone who follows all the rules and never gets in trouble. Another aspect of what it means to be "holy" is for something to "completely unique" and "set apart".

This week for Christians is set apart from every other week in the year because something completely unique happened during this week. Christians believe that the person at the heart of this Holy Week is a completely unique and set apart person - Jesus. And those who follow Jesus believe that in knowing Him and trusting Him we can live set apart and completely unique lives.

Each day during this week, we will look at who Jesus is and how Jesus is completely unique and set apart. There will be bible passages to read and reflect on, ways to pray, and ways to engage our hearts, minds, and bodies with what it means to be "holy". Parents: Invite your kids to do these readings and activities with you, even the smallest babies! They'll learn from you and how you interact with Jesus and you'll probably learn a thing or two from their creativity and imagination!



Day One: Palm Sunday

Join At Home with St. Alban's Fulham on Facebook at 11am
(or watch back at another time in the day)

READ

John 6:35-40 – Jesus is the Bread of Life

35 Jesus said to them, “I am the bread of life. The one who comes to me will never go hungry, and the one who believes in me will never be thirsty. 36 But I told you that you have seen me and still do not believe. 37 Everyone whom the Father gives me will come to me, and the one who comes to me I will never send away. 38 For I have come down from heaven not to do my own will but the will of the one who sent me. 39 Now this is the will of the one who sent me—that I should not lose one person of every one he has given me, but raise them all up at the last day. 40 For this is the will of my Father—for everyone who looks on the Son and believes in him to have eternal life, and I will raise him up at the last day.”

REFLECT

Think of how your stomach feels when it's hungry. There can be aches and sometimes even pain. Our guts begin to cry out and groan to be satisfied with food. And just like our stomachs, sometimes our hearts and minds act the same way. We hunger for human connection when we're lonely and feeling isolated. We hunger for justice when wrong has been done. We hunger for peace when our life feels like chaos. When we try to fill our hungers with things other than Jesus, we find ourselves hungry again and never truly satisfied. Jesus is set apart and completely different: He is the Bread of Life, the one who can completely satisfy all hunger.

ACTIVELY ENGAGE

Mindfully Make Bread or Mindfully Make Dinner Focusing on Thoughts in Red

- Put 500g of flour, 7g of yeast and 1 tsp of salt into a large bowl and mix together with your hands. Notice how everything mixes together and feels on your hands as you prepare things. Think about how God is blending and mixing all things together for our good.
- Stir 300ml hand-hot water with the 2 tbsp of oil and 1 tbsp of honey, then stir into the dry ingredients to make a soft dough. Taste a bit of the honey and think of this Psalm: “Taste and see that the Lord is good. God's Word (Scripture) is sweeter than honey.”



- Turn the dough out onto a lightly floured surface and knead for 5 mins, until the dough no longer feels sticky, sprinkling with a little more flour if you need it. **As you prepare the bread or prepare the table for dinner, reflect on how you can prepare your own heart. Are there wrongs that need to be made right? Are there sticky situations that need to be smoothed out by sprinkling a little more patience and grace into the situation?**
- Oil a 900g loaf tin and put the dough in the tin, pressing it in evenly. Put in a large plastic food bag and leave to rise for 1 hr, until the dough has risen to fill the tin and it no longer springs back when you press it with your finger. **As you wait on the bread to rise or wait for your meal to cook, take time to listen to the Spirit. Take some time sitting in silence, focusing on your breathing. Or take time to pray out loud and ask God to speak.**
- Heat oven to 200C/fan 180C/gas 6. Make several slashes across the top of the loaf with a sharp knife, then bake for 30–35 mins until the loaf is risen and golden. Tip it out onto a cooling rack and tap the base of the bread to check it is cooked. It should sound hollow. Leave to cool. **As you make the slashes on the bread, remember that Jesus' died and reflect on how much He loved us in order to die for us. And as you watch the bread rise and take it out of the oven, remember that Jesus defeated death in His resurrection and that we can have new life in Him, the bread of Life that satisfies every hunger.**

PRAY

Pray before eating your bread/dinner you just made. Notice and reflect on the way you feel as you eat and as your hunger is satisfied. Reflect on things that you hunger and thirst for (What are things your heart aches for? Perhaps things you may feel sad about like loneliness, frustrated by like children disobeying or conflict at work, or get angry about like injustice in the world.): How do you imagine Jesus in those things (The old phrase, "what would Jesus do" can be helpful)? Read Matthew 5 for some additional insights from Jesus.



Day Two: Monday

READ

READ: John 14:1-7 – Jesus is the Way, and the Truth, and the Life

14 “Do not let your hearts be distressed. You believe in God; believe also in me. 2 There are many dwelling places in my Father’s house. Otherwise, I would have told you, because I am going away to make ready a place for you. 3 And if I go and make ready a place for you, I will come again and take you to be with me, so that where I am you may be too. 4 And you know the way where I am going.”

5 Thomas said, “Lord, we don’t know where you are going. How can we know the way?” 6 Jesus replied, “**I am the way, and the truth, and the life. No one comes to the Father except through me.** 7 If you have known me, you will know my Father too. And from now on you do know him and have seen him.”

ACTIVELY ENGAGE

Put on a blindfold and try to navigate your house or your room the best you can. Did you find it easy? If you’ve lived in your home for a number of months or years, it’s likely that this was a piece of cake for you. But if you’re in a newer space, it may have been a bit more difficult.

REFLECT

It’s interesting that when Jesus answers Thomas, he doesn’t give a set of instructions on how to get to this place that Jesus is preparing for His followers. Instead, we see that the Way to that place is knowing a person – Jesus. Even though you were blindfolded, it was probably pretty easy for you to get around corners and avoid running into chairs because you really know your space. You walk those hallways every day. You know exactly how many steps are between your room and the kitchen. When we know Jesus through reading the Bible, through praying, and through being in community with other people who are following Jesus, we can know the completely unique and set apart Way that only leads to Life.

PRAY

If you’re just getting to know Jesus, pray that Jesus meets you each day as you read the Bible or pray each morning or evening. Pray that Jesus would show you how He the Way and is completely unique and set apart from every other way you could live. And if you want to trust Jesus as the Way and follow after Him as a Christian, open your hands and give your life to Jesus by simply saying “Here I am, Jesus. I want to follow your Way.”

If you’ve known Jesus for a while, pray that your love for Jesus would grow. Pray that Jesus would be transforming your mind and heart each day as you continue daily prayer, reading the Gospels, and connecting with other followers of Jesus.



Day Three: Tuesday

READ

READ: John 10:7-10 – Jesus is the Door to Rest and Abundant Life

7 So Jesus said again, “I tell you the solemn truth, I am the door for the sheep. 8 All who came before me were thieves and robbers, but the sheep did not listen to them. 9 **I am the door. If anyone enters through me, he will be saved, and will come in and go out, and find pasture.** 10 The thief comes only to steal and kill and destroy; **I have come so that they may have life, and may have it abundantly.**

ACTIVELY ENGAGE

Find the heaviest book in your house. Cookbooks, Bibles, and old school Encyclopedias (you know, those things we used before we could “just Google it”) are all great choices. Hold above your head as long as you can. Have a contest in your home to see who can hold it up the longest. How did it feel to hold the book above your head that long? How did it feel to finally put it down?

REFLECT

Things may feel a bit heavy at this time of navigating what life looks like in Covid-19 lockdown. Fear and anxiety can be like those heavy books, weighing us down and are painful to carry on our shoulders. It’s in this place that we can come to Jesus – Jesus is a doorway that leads us to a life completely unique and set apart from the world around us. In Jesus, we find rest and place of safety away from what seeks to steal, kill, and destroy us. The life that Jesus invites us to live in following Him is completely unique and set apart from any other – this is life and life to the full!

PRAY

Remember that book you had over your head and imagine all your fears, anxieties, thoughts, dreams, and joys are all in that book – picture yourself handing all of those things to Jesus. Pray these words – “Jesus, I want to find pasture; I want to find rest for all my fears and troubles. Help me to give those things over to you.” Spend some time in a quiet place and focus on your breathing, allowing your whole body to rest and experience Jesus’ peace.



Day Four: Wednesday

READ

READ: John 8:12 – Jesus is the Light of the World

12 Then Jesus spoke out again, “I am the light of the world! The one who follows me will never walk in darkness, but will have the light of life.”

ACTIVELY ENGAGE

Grab a torch (the phone on your phone would work just as well) and go to the darkest room of your home, perhaps a cupboard or hallway. Rooms without windows are usually best. Once you're there, make it as dark as possible and close your eyes for a minute. When you open your eyes, notice how you feel. How does the darkness feel? Spend a bit of time in this space, noticing how you feel and what your thoughts are. Then, after spending a bit of time in the dark, flip on your torch. How did you feel once the light was on?

REFLECT

The darkness can be a very fearful place. Walking in the darkness at night can not only be fearful, but incredibly dangerous – we can't see if there are things ahead that could hurt us when there isn't any light to help us. And we see here that Jesus calls Himself the Light of the world: Jesus is the light to help us see and navigate the world. And if we remember what we read in the last couple days, Jesus lights the Way on a path that leads us to a full and abundant life. Light is completely unique from the darkness and as we follow Jesus with our whole lives, we begin to reflect the Light of Jesus into the world around us.

PRAY

Sing or remember the lyrics of “This Little Light of Mine” – yes, the song we probably all sang as children. Pray and really think about what it means to be a Light. How can we learn from Jesus and do what He did in order to let our light shine? Pray these words: “Jesus, help me to know how to be a light to the people around me. Help me to reflect Your love, Your peace, and Your grace to the people in my life.”



Day Five: Thursday

READ

READ: John 15: 1-11 – Jesus is the Vine, We Are Branches

1 “I am the true vine and my Father is the gardener. 2 He takes away every branch that does not bear fruit in me. He prunes every branch that bears fruit so that it will bear more fruit. 3 You are clean already because of the word that I have spoken to you. 4 Remain in me, and I will remain in you. Just as the branch cannot bear fruit by itself, unless it remains in the vine, so neither can you unless you remain in me.

5 “I am the vine; you are the branches. The one who remains in me—and I in him—bears much fruit, because apart from me you can accomplish nothing. 6 If anyone does not remain in me, he is thrown out like a branch, and dries up; and such branches are gathered up and thrown into the fire, and are burned up. 7 If you remain in me and my words remain in you, ask whatever you want, and it will be done for you. 8 My Father is honored by this, that you bear much fruit and show that you are my disciples.

9 “Just as the Father has loved me, I have also loved you; remain in my love. 10 If you obey my commandments, you will remain in my love, just as I have obeyed my Father’s commandments and remain in his love. 11 I have told you these things so that my joy may be in you, and your joy may be complete.

ACTIVELY ENGAGE

Eat a piece of fruit. It could be a banana, orange, grape, or any other fruit you may have in your fridge at home. Really taste every bit of it – notice the sweetness or sourness or how watery it may feel in your mouth. Fruit is really good! Think about the fruit mentioned in the reflection: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Do you see any of that fruit in your life? How have you been one of those things to the people around you?

REFLECT

Jesus says that in Him, we will bear fruit. But what does that mean? What kind of fruit will come out of us when we remain in Jesus? If you think about a grape vine, what kind of fruit does it bear – grapes, right? When we remain in Jesus, we begin to bear fruit that looks like Jesus. That’s completely unique and set apart fruit that looks like nothing else the world has ever seen! Some of that holy fruit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.



PRAY

Ask God to help you remain in Jesus and to help you bear fruit into the world to help and serve others. Pray and ask God for help to remember the words of Jesus to remain deep in your heart. And spend some time thanking God for the ways you experience those fruits from other people. Think of people who have shown you love and thank God for those people.



Day Six: Good Friday

Please join us for our Good Friday Service with At Home with St. Alban's Fulham. Check our Facebook or YouTube page to follow along with a time of prayer to reflect on Jesus' sacrificial death on the cross.

ACTIVELY ENGAGE

Light a candle before reading the passage in John 10. Take some time to quietly pray and think about what it means to sacrifice something for someone you love. Once you finish reading the passage, blow the candle out.

READ

John 10:11-18 - Jesus is the Good Shepherd Who Lays Down His Life for the Sheep

11 "I am the good shepherd. The good shepherd lays down his life for the sheep. 12 The hired hand, who is not a shepherd and does not own sheep, sees the wolf coming and abandons the sheep and runs away. So the wolf attacks the sheep and scatters them. 13 Because he is a hired hand and is not concerned about the sheep, he runs away.

14 "I am the good shepherd. I know my own and my own know me— 15 just as the Father knows me and I know the Father—and I lay down my life for the sheep. 16 I have other sheep that do not come from this sheepfold. I must bring them too, and they will listen to my voice, so that there will be one flock and one shepherd. 17 This is why the Father loves me—because I lay down my life, so that I may take it back again. 18 No one takes it away from me, but I lay it down of my own free will. I have the authority to lay it down, and I have the authority to take it back again."

REFLECT

This day of Holy Week is called "Good Friday" - a completely unique and set apart day to remember Jesus, the Good Shepherd who lays down His life for us and forgives our sin. But what is sin? In the original language the Bible was written in, "sin" just means to miss the mark, like an archer missing the target. And we see that each of us has deeply missed the mark for how we are supposed to live. We have not treated God or others with the love or honour they deserve and we seek to live the way we want rather than trusting God's way at the expense of other people. But Jesus shows us what it means to be Holy, to be completely unique and set apart from sin - Jesus lived life without sin, by always treating God and others with the love and honour they deserve. And when Jesus laid down His life by dying on the cross, He paid the price for the ways we've missed the mark and, by trusting and opening ourselves up to be led by Jesus, we have a Way to live in harmony with God and others. This day is a "Good" Friday because Jesus' sacrifice for us was the most loving thing in human history and He offered us a way to be forgiven for our wrongs to God and to others.



PRAY

Think of a time you've been forgiven of something – maybe that's a time when you hurt a friend and they forgave you or you can remember the first time you heard about how Jesus forgave us on the cross. Reflect and remember the weight that was lifted off you when you felt that forgiveness. Take time now to pray this prayer: "Jesus, I am sorry for the ways I have not loved God and others by the things I've done or haven't done. Please forgive me. I want to turn away from my own way and trust You, Jesus, as the Way. Help me to give you my whole heart. Amen." Take some time to rest and trust that Jesus looks at each of us as worth laying down His life for and that Jesus loves us more than we can imagine.



Day Seven: Saturday

READ

READ: John 11:17-27; 32-35 - Jesus is the Resurrection and the Life

17 When Jesus arrived, he found that Lazarus had been in the tomb four days already. 18 (Now Bethany was less than two miles from Jerusalem, 19 so many of the Jewish people of the region had come to Martha and Mary to console them over the loss of their brother.) 20 So when Martha heard that Jesus was coming, she went out to meet him, but Mary was sitting in the house. 21 Martha said to Jesus, "Lord, if you had been here, my brother would not have died. 22 But even now I know that whatever you ask from God, God will grant you."

23 Jesus replied, "Your brother will come back to life again." 24 Martha said, "I know that he will come back to life again in the resurrection at the last day." 25 Jesus said to her, "**I am the resurrection and the life. The one who believes in me will live even if he dies, 26 and the one who lives and believes in me will never die.** Do you believe this?" 27 She replied, "Yes, Lord, I believe that you are the Christ, the Son of God who comes into the world."

32 Now when Mary came to the place where Jesus was and saw him, she fell at his feet and said to him, "Lord, if you had been here, my brother would not have died." 33 **When Jesus saw her weeping, and the people who had come with her weeping, he was intensely moved in spirit and greatly distressed.** 34 He asked, "Where have you laid him?" They replied, "Lord, come and see." 35 **Jesus wept.**

38 Jesus, intensely moved again, came to the tomb. (Now it was a cave, and a stone was placed across it.) 39 Jesus said, "**Take away the stone.**" Martha, the sister of the deceased, replied, "Lord, by this time the body will have a bad smell, because he has been buried four days." 40 Jesus responded, "Didn't I tell you that if you believe, **you would see the glory of God?**" 41 So they took away the stone. Jesus looked upward and said, "Father, I thank you that you have listened to me. 42 I knew that you always listen to me, but I said this for the sake of the crowd standing around here, that they may believe that you sent me." 43 When he had said this, he shouted in a loud voice, "**Lazarus, come out!**" 44 **The one who had died came out,** his feet and hands tied up with strips of cloth, and a cloth wrapped around his face. Jesus said to them, "Unwrap him and let him go."



ACTIVELY ENGAGE

We've experienced a lot of loss in the last few weeks in the midst of Covid-19 isolation and lockdown. Write down some things that you've had to mourn the loss of in the last few weeks - perhaps that's cancelled plans, the pain of isolation from loved ones, sickness, and even deaths of those we dearly love. Take time to grieve and mourn these things and trust that Jesus weeps with you as One who has also experienced the pain of loss.

REFLECT

Jesus understood what it meant to experience pain and loss in this story of Jesus losing one of his closest friends, Lazarus, and mourning with Lazarus' sisters and his friends, Mary and Martha. Jesus promises us, in His grief, that death never has the final word. Jesus raised Lazarus from the dead and promises that resurrection and life is found in Him alone. In this time between Good Friday where we remember the death of Jesus and Easter where we celebrate His resurrection, we can mourn the things we've lost while still trusting the hope of Easter that is coming and that death will not have the final word with our sorrows either and that Jesus mourns with us.

PRAY

Voice everything you wrote down on that paper to Jesus. Let every hurt be known and everything you're grieving be made known to Jesus. Spend some time in prayer voicing any emotions that rise up and allow yourself space to feel those things. Grief takes time and Jesus is patient with us. When you feel like you've expressed everything you need to, spend some time in silence to help process or call a good friend to process out loud. Continue to pray over these things with Jesus and be mindful that, just as Jesus conquered death and rose on Easter, there is new life and hope for us. Pray for Jesus to heal any of the wounds your heart may feel.

Easter is coming. Death will not have the final word.



Easter Sunday

Join us At Home with St. Alban's Fulham to celebrate Easter Together! Check out our Facebook page to worship and celebrate the resurrection of Jesus with us!

READ

Romans 8:1-2;15-17

1 So now there is no condemnation for those who belong to Christ Jesus. 2 And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.

15 So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." 16 For his Spirit joins with our spirit to affirm that we are God's children. 17 And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory.

REFLECT

Jesus has risen from and conquered death! This changes everything! We no longer have to live in the dark or live without a Way or without someone to guide us, but we have Jesus, the completely unique one who is the Light and the one who promises to never leave us or forsake us. When Jesus rose from the dead, He promised to give us a guide that would always be with us - He gave us the Holy Spirit that becomes a part of who we are as followers of Jesus. And that Spirit makes us children of God, no longer slaves to missing the mark but people who can live completely unique, set apart, holy lives! This is the Good News! We can live life to the full with Jesus and other people!

ACTIVELY ENGAGE

Easter is a celebration! This is time to party! Throw on your favourite dance music and have a dance party, whether you're by yourself or with others! As you dance and laugh and sing, remember this from the Bible: "This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength." (Nehemiah 8:10).

PRAY

Thank God for Easter! Thank God for the blessing of what it means to live a new life as a child and not a slave! Thank God for the things that bring you the most joy in your life! And thank God for the gift of His Spirit, that we never walk through life alone and that we can experience the same resurrection power that brought Jesus out of the grave each and every day of our life.



**We hope you have a wonderful
Easter week and find these materials
helpful during this time!**

Visit our website

www.stalbansfulham.org

t. 0207 381 6306

Follow us on Instagram and Facebook
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